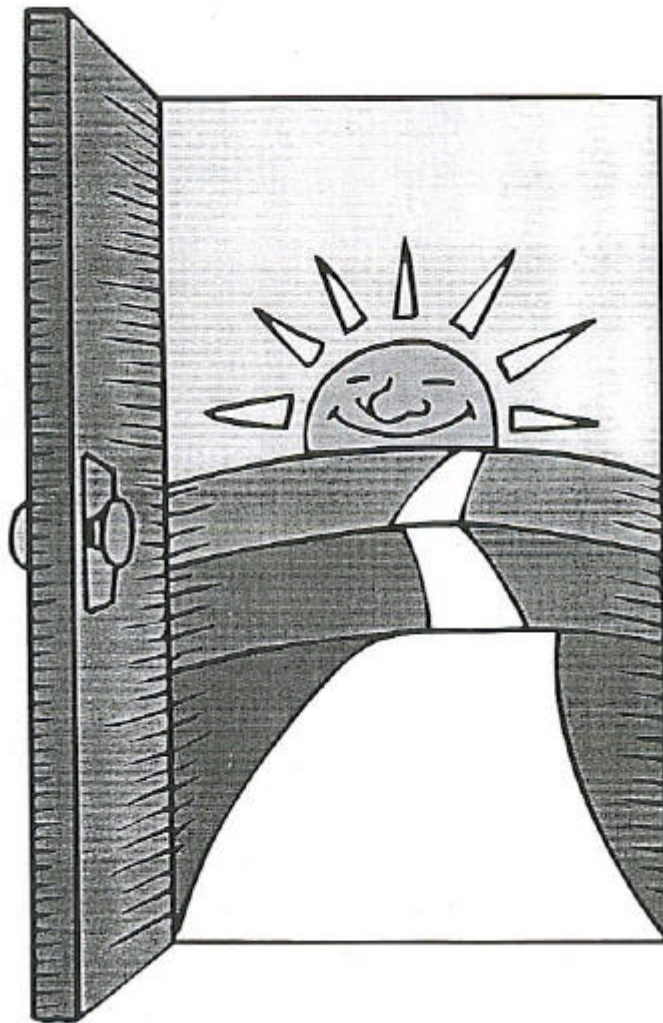


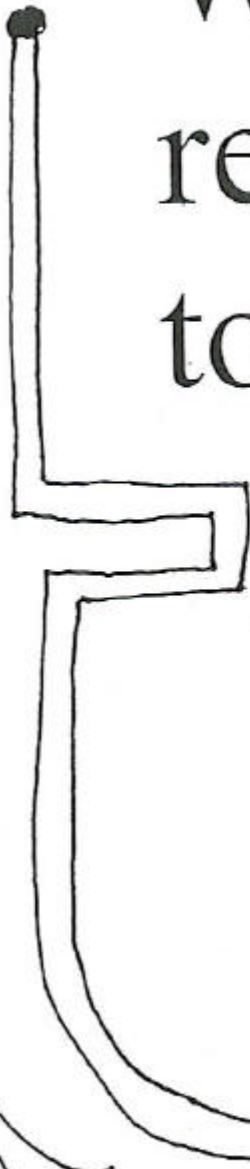
Student Handout .

The road to recovery is like many other roads in life filled with twists, turns, potholes and detours. We need to be aware that there are potential hazards and be prepared to recognize them and take appropriate action. The good news is the road to recovery is also filled with a renewed sense of self-control, empowerment, improved quality of life and hope.

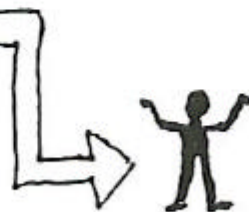




What does  
recovery mean  
to you?



Every path is  
different.



## **Discussion Questions for Picture # 1**

What does this picture mean to you?

Has anyone experienced this before?

What kind of problem could denial cause on your road to recovery?

Remember that part of the illness is the fact that the brain is not functioning well and doesn't recognize it is sick. If you don't believe you are sick, you don't think you need medication. If you don't think you need medication then you will stop taking it. This can definitely stop you in your tracks on your road to recovery!

I don't need help.



I don't want medication!

Sometimes when people are feeling better they think they are "cured" and don't need their medication any more. Other people just don't like taking their medication for one reason or another. (If you are experiencing side effects, remember to tell your doctor!) You must remember one of the biggest reasons why you are doing better is because you are taking your medication properly. Do you remember what it was like when you were experiencing your symptoms?

If you are diagnosed with bipolar disorder you may think about stopping your meds in order to experience that "high" associated with the manic stage of the illness. You have to remind yourself of how bad you felt when you came down from that "high."

## **Discussion Questions for Picture # 2**

What was it like when you were experiencing your symptoms?

Which symptoms can you relate to in these pictures?

Have you ever felt like you wanted to stop taking your meds?

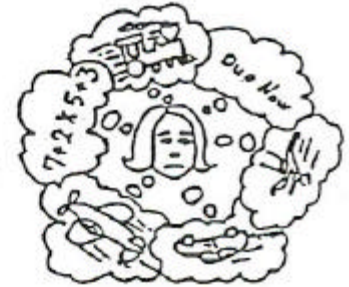
What do you do when you feel this way?



False beliefs or thoughts (ex. others are always talking about you)



Can't concentrate well or make decisions



Flight of ideas or racing thoughts



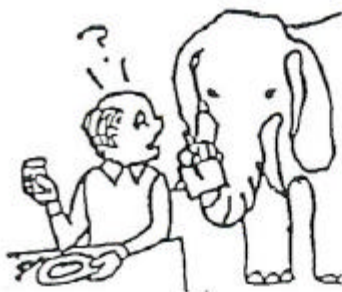
Inflated self-esteem/grandiosity



Thinking about death a lot



Feeling down all day



Seeing, hearing or feeling things others do not.



Jumping from one subject to another or saying things that don't make sense



Loss of energy



Feeling high or manic prior to a depressive episode



No interest or feelings about anything



Physical restlessness or agitation

### **Discussion for Picture #3**

Other people may become aware of your symptoms before you are.

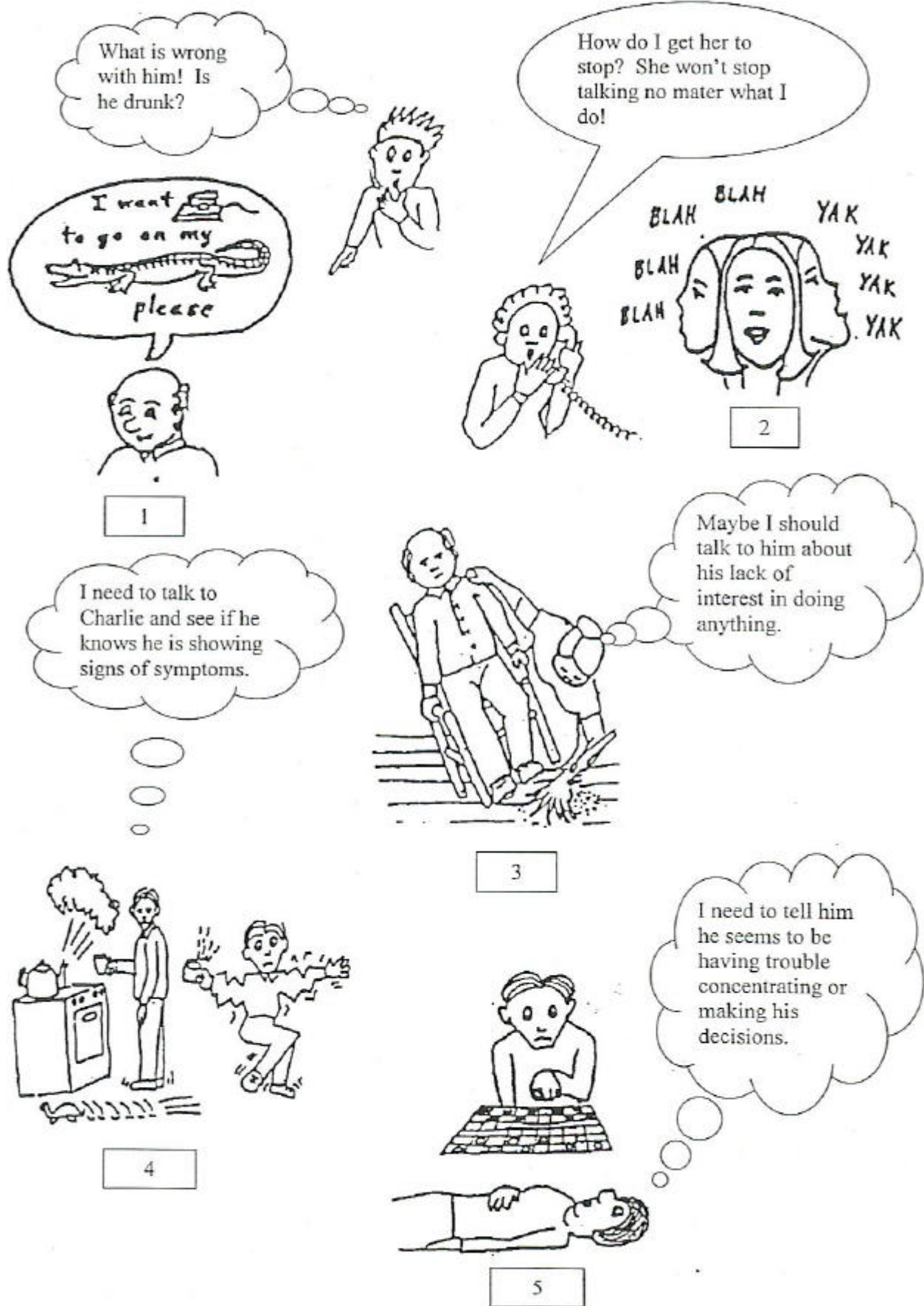
Has anyone experienced this before?

How did you feel about the experience?

How could it be helpful to you to have someone that you could rely upon to let you know when they noticed you were displaying symptoms?

Do you have someone that you can rely upon to let you know when they notice you are displaying symptoms?

If you don't have someone right now, maybe that is something that you could keep an eye out for as you go through your journey. Maybe the person is there and you just haven't asked.



Sometimes when a person has been ill for a while, they may not know what they want to do. People may be telling them to "Get out and go do something!" However, it may be difficult for them to identify the activity to do as well as shift gears to get up and get going. They can wind up stuck like a car stuck in the mud not going anywhere on the road to recovery.

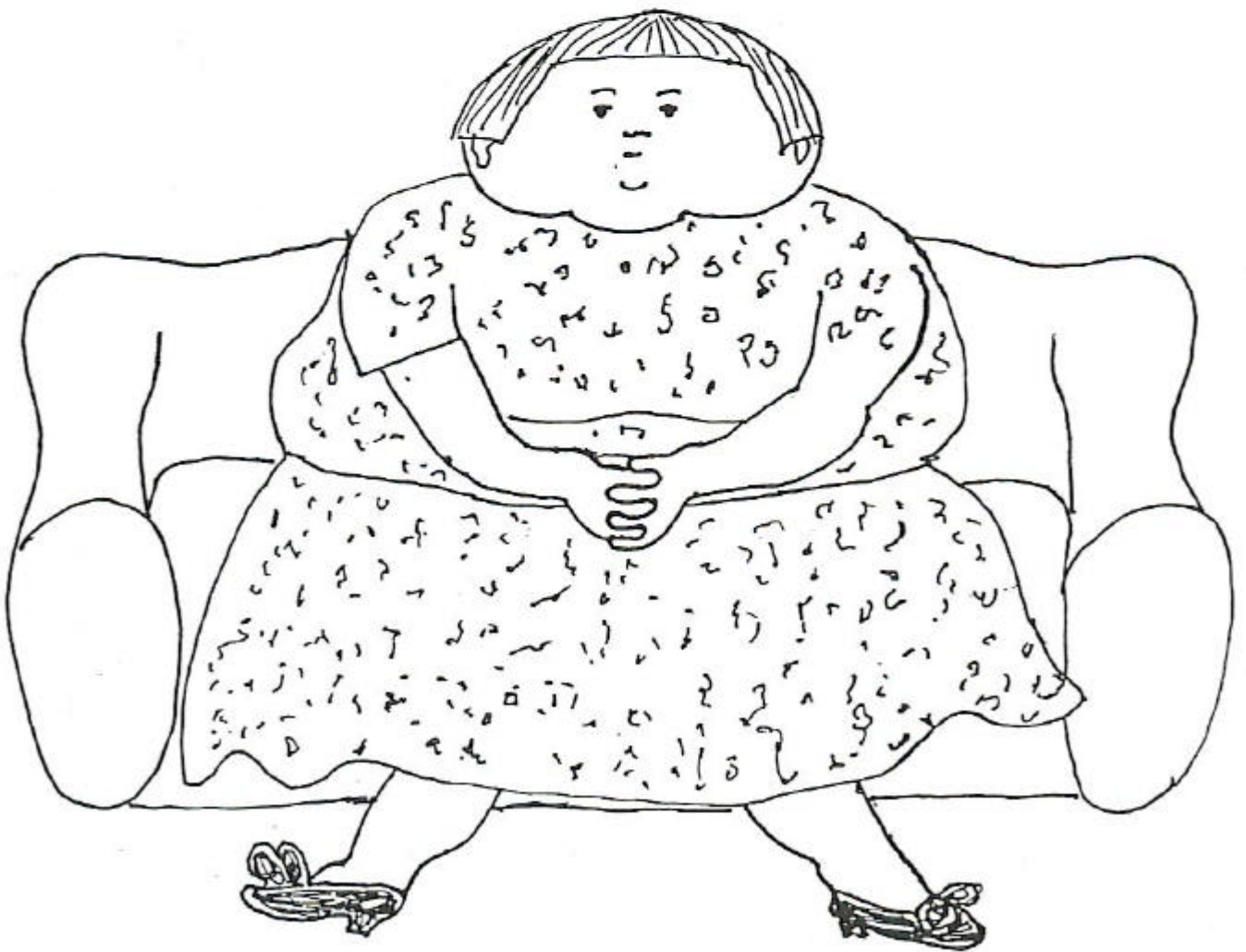
### **Discussion Questions for Picture # 4**

Can anyone relate to this?

What did you do while you were in this place?

Would any one like to share how they moved beyond this?

Do something?  
What should I do?  
I don't know what  
I want to do.



## **Discussion Questions for Picture # 5**

Has anyone experienced anything like this before?

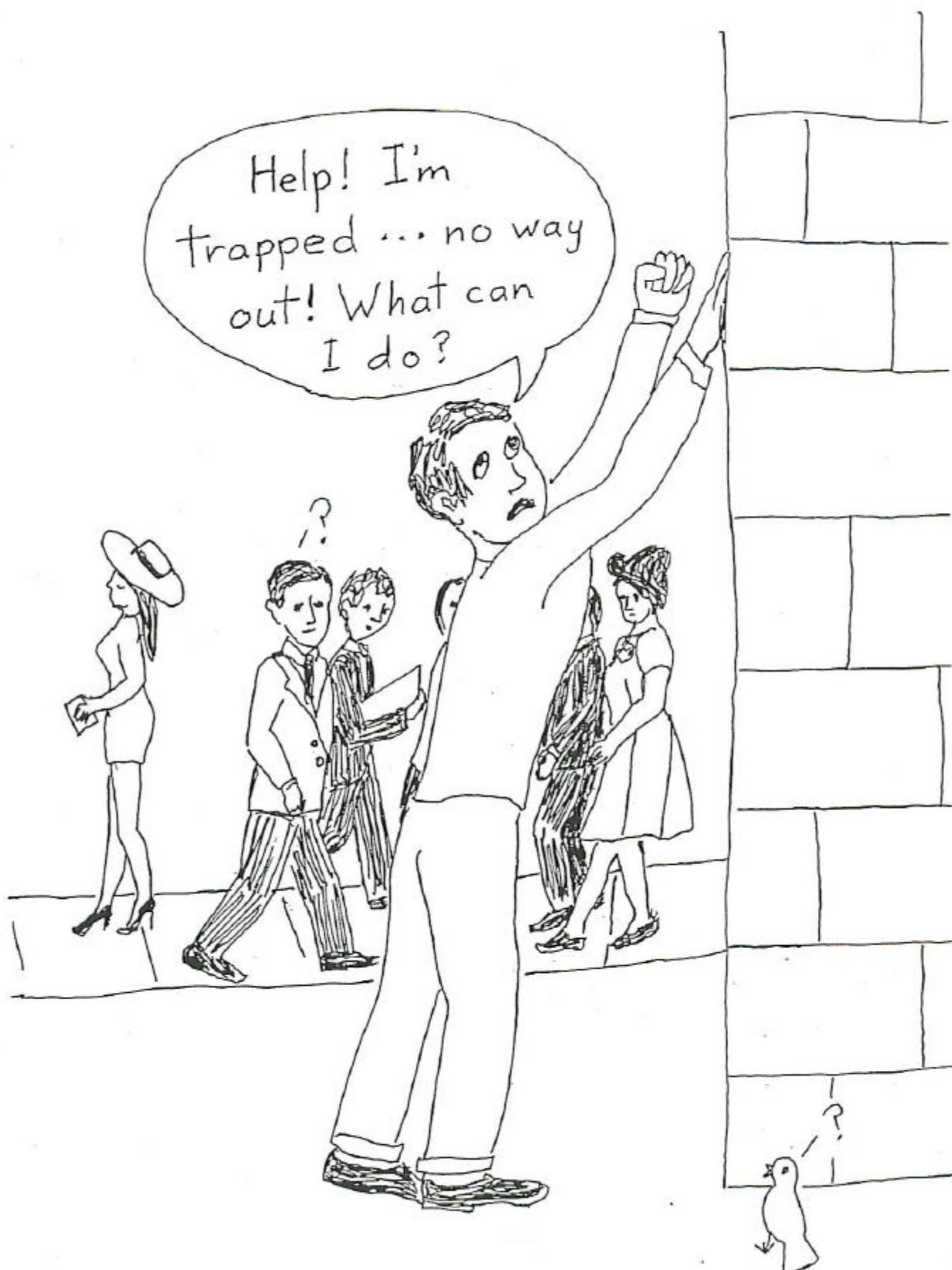
Example:

Job

Relationships

Illness

What happened or what did you do to get yourself out of this rut?



## **Discussion Questions for Picture #6**

What happened here?

Can you identify all the possible poor habits or triggers that led up to this event?

What could this do to a person's recovery progress?

What can you do to keep this from happening to you?

I got my paper turned in okay.  
Why do I feel so bad?



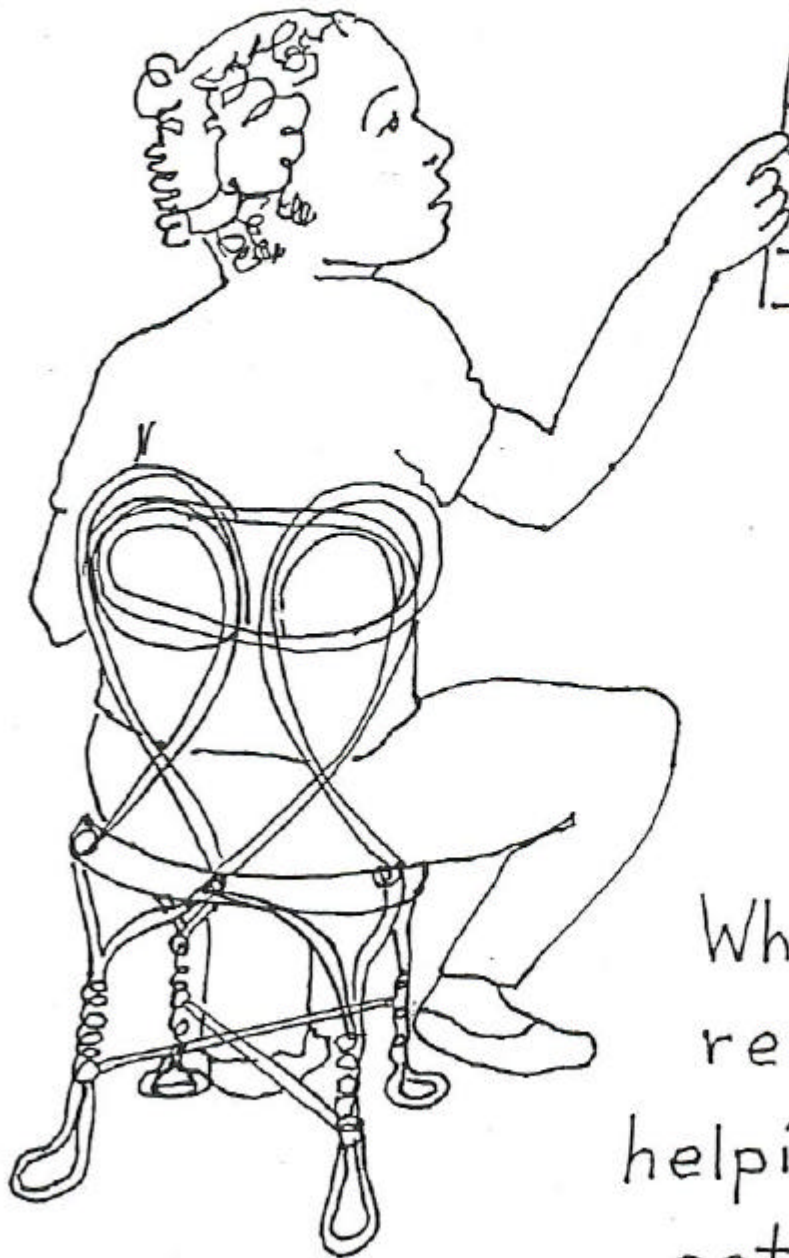
Sometimes people have set backs. It is important that when the dust settles and our head clears we look back to see when we first noticed we are having problems. This helps us be proactive and more aware that we are starting to skid off the road of recovery and maneuver ourselves back onto the pavement. We need to be aware of our symptoms and possible triggers or causes that may make us feel worse.

### **Discussion Questions for Picture #7**

What do you think happened?

How can self-awareness keep us from winding up in the ditch along the road to recovery?

When did you first  
notice you were  
having problems?



What do you  
remember  
helping you  
get better?

Just like a car we drive on a road, our bodies need the right fuel and maintenance to perform well.

### **Discussion Questions for Picture # 8**

What are these examples of?

What does your diet consist of?

What does a healthy diet consist of?

What is your sleep pattern?

How do you help yourself get to sleep

What is the recommended amount of exercise?

Does anyone know why these activities are so important?

Who is currently doing these things?

If you aren't currently doing these things, what are some ways that you might be able to change things so that you can do them?



Take Medications



Exercise



Eat Well



Sleep  
Regularly

## **Discussion Questions for Picture #9**

What role does each of the items in these pictures play in a person's road to recovery?

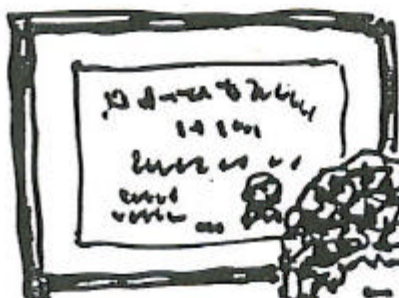
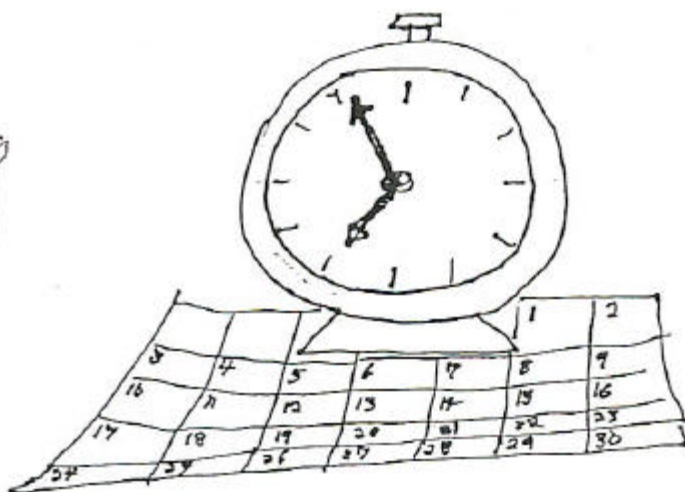
Which ones do you do?

Which ones do you find hard to do?

What did you do or could you do to deal with that challenge?



Stick to a routine!



Use A Medication Reminder System

M	T	W	T
☺	F	S	S



Keep your doctor appointments!

## **Discussion Questions for Picture #10**

What has happened in this picture?

Can anyone relate to this?

What could he do to keep this from happening again?

Poor planning and a lack of a healthy routine that includes taking medication can lead to real disaster. As we learned earlier, having a regular sleep schedule, being organized (including a medication reminder system), maintaining self-care skills are important to staying on the course of recovery.



## **Discussion Questions for Picture #11**

What is happening in this picture?

Can anyone identify with this?

What have you done that helped you when you have felt like this?

Sometimes we can become so overwhelmed by all that we see we need or want to do that we begin to panic or become very distressed. We can feel like we are running in circles trying to get everything done all at once. Notice the sign posted on the refrigerator door. Try this technique when you start to feel overwhelmed and remind yourself you are only to take it one step at a time, one task at a time and one day at a time. To climb Mt. Everest people have to do it one step at a time.



Not only do we have to set limits for ourselves but sometimes we have to set limits with others too. Many of us have difficulty knowing our limitations and setting limits with ourselves. To set limits with other people can be challenging for some of us. However, it is important that we learn to do this.

### **Discussion Questions for Picture #12**

What is happening in this picture?

Has anyone experienced this kind of situation before?

What could this do to her road to recovery?

Russell, we can't do this all in one day!  
I'm exhausted just writing it all down.



## **Discussion Questions for Picture # 13**

What is going on in this picture?

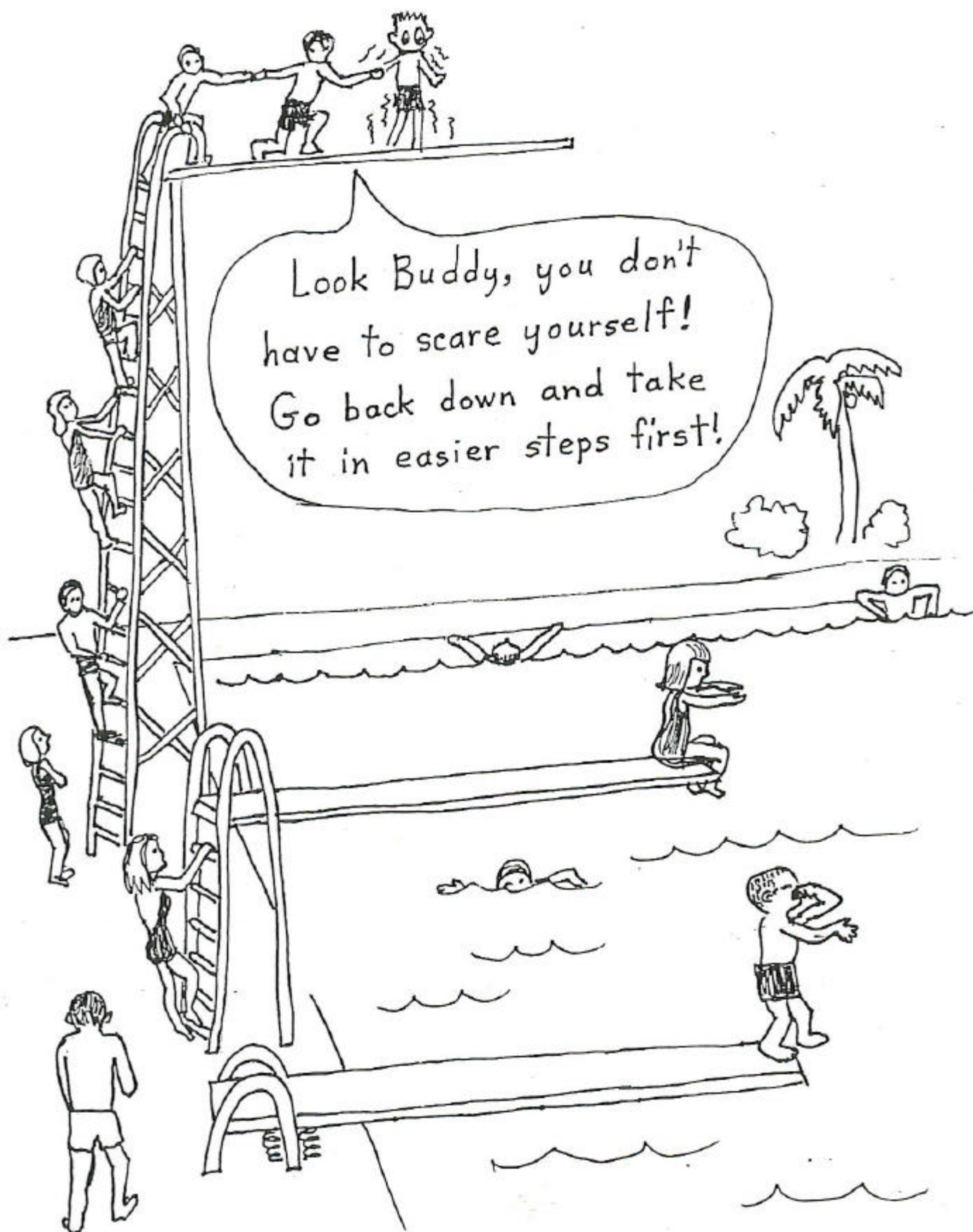
Can anyone relate to this?

Is this person getting peer support?

How can peer support be helpful in your recovery?

We need to remember to take it one step at a time. All of us want to race to the finish line, but it isn't that easy.

Don't forget the importance of peer support!



# FOOD GUIDE PYRAMID

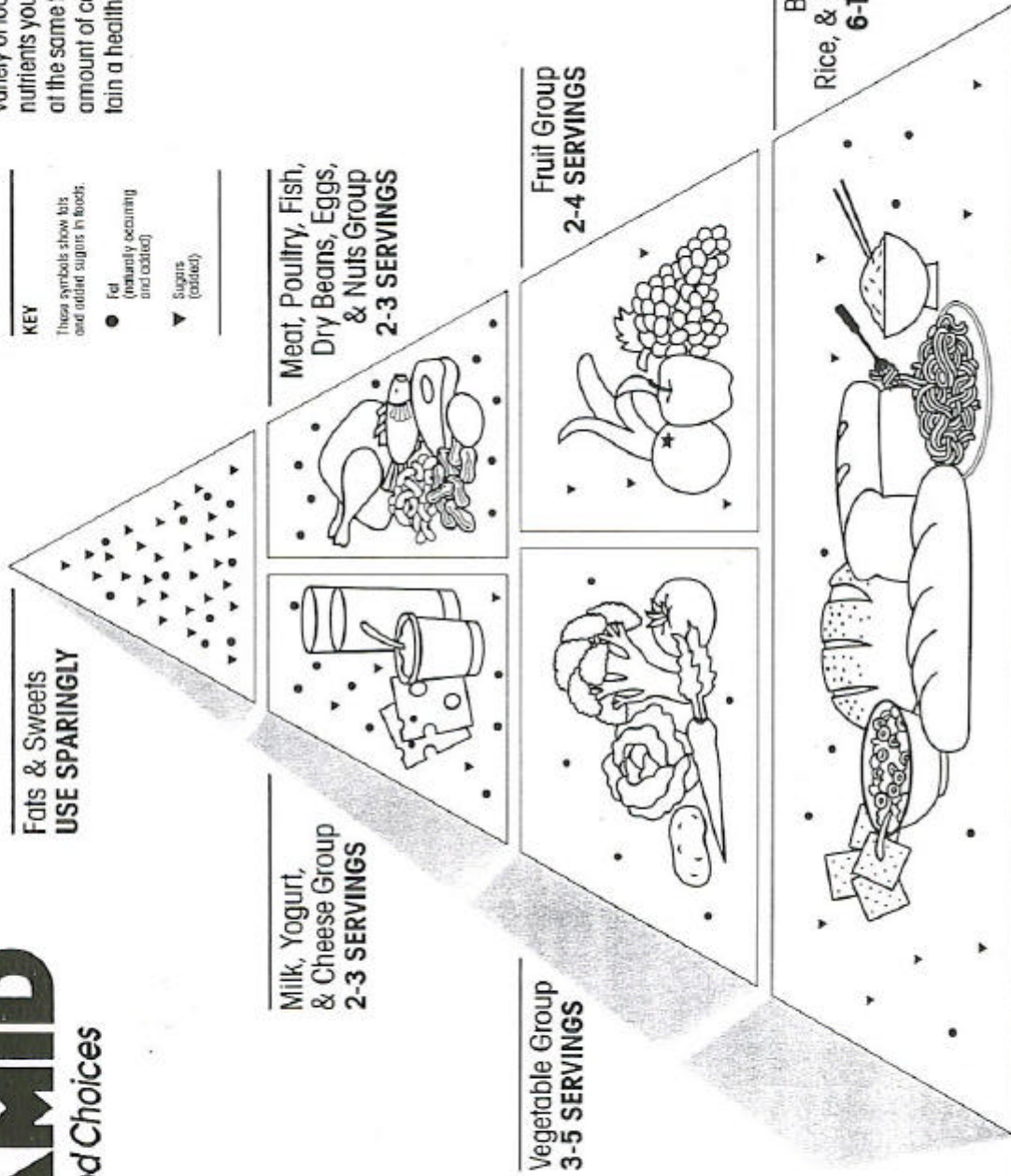
## A Guide to Daily Food Choices

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

**KEY**  
These symbols show fats and added sugars in foods.

- Fat (mainly occurring and added)
- ▼ Sugars (added)

Fats & Sweetens  
**USE SPARINGLY**



The Food Guide Pyramid emphasizes foods from the five food groups shown in the three lower sections of the Pyramid.

Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another—for good health, you need them all.

## What Counts as 1 Serving?

▲ The amount you eat may be more than one serving.  
For example, a dinner portion of spaghetti would count as 2 or 3 servings.

Bread, Cereal, Rice, & Pasta Group	Vegetable Group	Fruit Group	Milk, Yogurt, & Cheese Group	Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group	Fats & Sweets
1 slice of bread	1/2 cup of chopped raw or cooked vegetables	1 piece of fruit or medium wedge	1 cup of milk or yogurt	2 1/2 to 3 ounces of cooked lean meat, poultry, or fish	LIMIT CALORIES FROM THESE especially if you need to lose weight
1/2 cup of cooked rice or pasta	1 cup of leafy raw vegetables	3/4 cup of juice	1 1/2 ounces of natural cheese	Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat	
1/2 cup of cooked cereal		1/2 cup of canned fruit	2 ounces of process cheese		
1 ounce of ready-to-eat cereal		1/4 cup of dried fruit			

## How Many Servings Do You Need Each Day?

	Women & some older adults	Children, teen girls, active women, most men	Teen boys & active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread group	6	9	11
Vegetable group	3	4	5
Fruit group	2	3	4
Milk group	2-3**	2-3**	2-3**
Meat group	2 for a total of 5 ounces	2 for a total of 6 ounces	3 for a total of 7 ounces

\*These are the calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats and sweets group sparingly.

\*\*Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

## A Closer Look at Fat and Added Sugars

The small tip of the Pyramid shows fats and sweets.

These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts.

Alcoholic beverages are also part of this group. These foods provide calories but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars. When choosing foods for a healthful diet, consider the fat and added sugars in your choices from all the food groups, not just fats and sweets from the Pyramid tip.

